

# **Nutrition for the Postpartum Mother**

**[insert presenter info]**

# **Special Concerns of the Postpartum Mother**

- **Restocking nutritional stores**
- **Providing good quality milk for her breastfed baby**
- **Losing weight gradually**

# **Restocking Nutritional Stores**

- **Eat according to the Food Guide Pyramid**
- **Continue to take a daily multiple vitamin and mineral supplement as prescribed by your health care provider**
- **Continue to take at least 18 mg of an iron supplement each day as prescribed by your health care provider**

# **Eat the Food Guide Pyramid Way**

- **Bread, Cereal, Rice, and Pasta Group  
(6 - 11 servings)**
- **Vegetable Group (3 - 5 servings)**
- **Fruit Group (2 - 4 servings)**
- **Milk, Yogurt, and Cheese Group  
(2 - 3 servings)**
- **Meat, Poultry, Fish, Dry Beans, Eggs,  
and Nuts Group (2 - 3 servings)**

# Food Guide Pyramid

**Fats, Oils & Sweets**  
**USE SPARINGLY**

## KEY

■ Fat (naturally occurring and added)

▼ Sugars (added)

These symbols show fats and added sugars in foods.

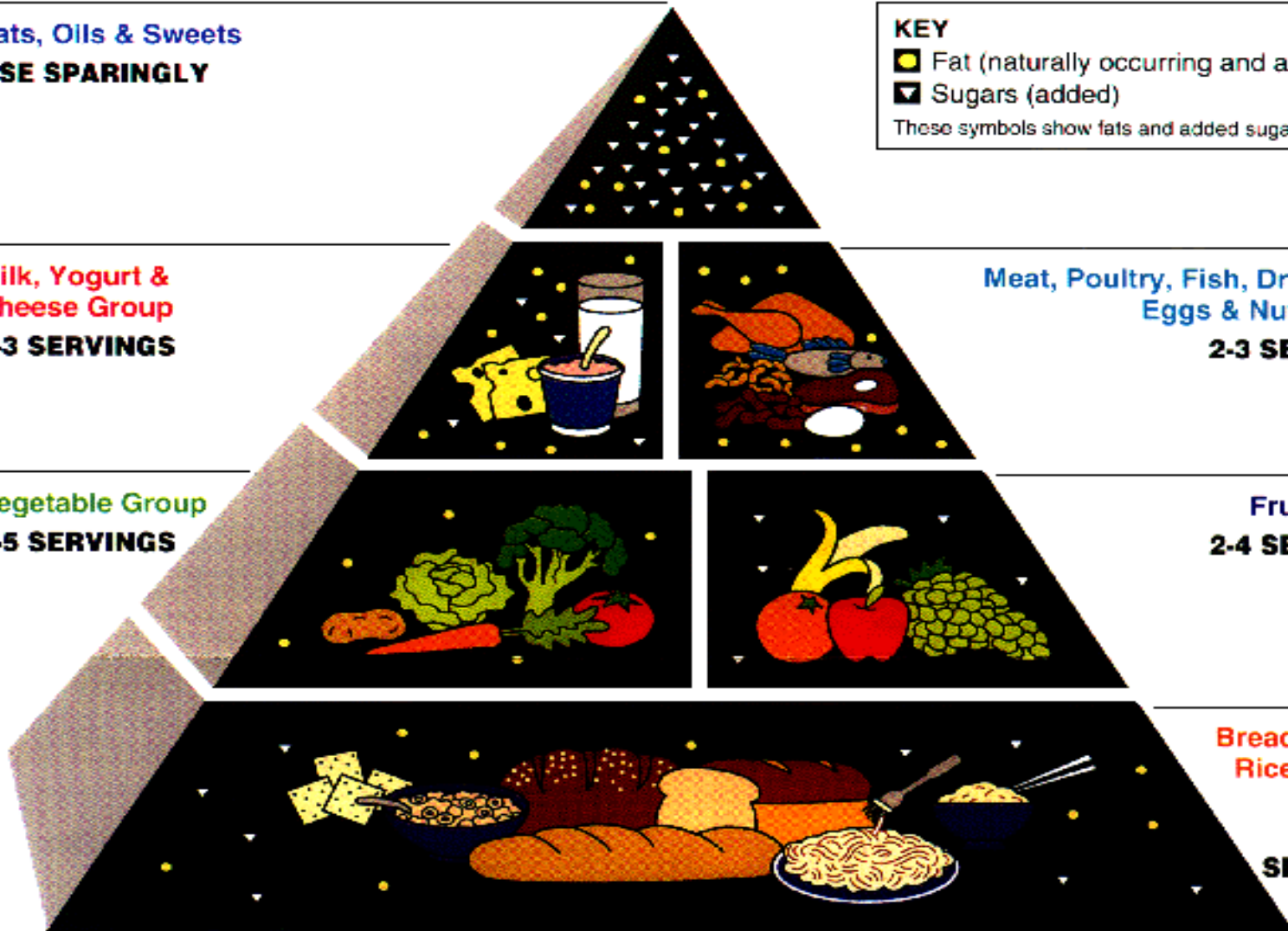
**Milk, Yogurt & Cheese Group**  
**2-3 SERVINGS**

**Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group**  
**2-3 SERVINGS**

**Vegetable Group**  
**3-5 SERVINGS**

**Fruit Group**  
**2-4 SERVINGS**

**Bread, Cereal, Rice & Pasta Group**  
**6-11 SERVINGS**



# **Bread, Cereal, Rice and Pasta Group (6 - 11 servings)**

- **1 slice bread**
- **1 tortilla**
- **½ cup rice, pasta, or cereal**
- **1-ounce ready-to-eat whole-grain cereal**
- **½ hamburger bun, bagel or English muffin**
- **3 - 4 plain crackers**





# Vegetable Group (3 - 5 servings)

- $\frac{1}{2}$  cup chopped raw or cooked vegetable
- 1-cup raw, leafy vegetables
- $\frac{3}{4}$  cup vegetable juice
- $\frac{1}{2}$  cup scalloped potatoes



# Fruit Group (2 - 4 servings)

- **1 piece fruit or melon wedge**
- **$\frac{3}{4}$  cup fruit juice**
- **$\frac{1}{2}$  cup chopped, cooked or canned fruit**
- **$\frac{1}{4}$  cup dried fruit**





# **Milk, Yogurt, and Cheese Group**

**(2 - 3 servings)**

- **1 cup milk or yogurt**
- **1- $\frac{1}{2}$  ounces natural cheese**
- **2 ounces processed cheese**



# **Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group (2 - 3 servings)**

- **2-½ to 3 ounces cooked lean beef, pork, lamb, veal, poultry, or fish**
- **½ cup cooked beans**
- **1 egg**
- **2 tablespoons peanut butter**
- **1/3 cup nuts**



# Fats, Oils, and Sweets

- **Limit fats, oils, and sweets**
- **These foods provide a lot of calories**
- **These foods provide few, if any, nutrients**



# **Breast Feeding...Best for Baby**

## **➤ Breastfeeding Benefits for Baby**

- Favorable balance of nutrients**
- Promotes physiological development**
- Improves cognitive development**
- Protects against infections**
- Decreases risk of food allergies**
- Reduces Risk of Sudden Infant Death (SIDS) syndrome**



# **Breastfeeding...Good for Mom Too**

## **➤ Breastfeeding Benefits for Mother**

- Contracts the Uterus**
- Lengthens Birth Intervals**
- Conserves Iron Stores**
- Reduces Risk of Breast Cancer**
- Protects Bone Density**
- Saves Money**
- Offers Convenience**



# **Special Concerns of the Breastfeeding Mom**

- **Protein**
- **Fat**
- **Vitamin B<sub>12</sub>**
- **Vitamin D**
- **Vitamin K**
- **Folic Acid**
- **Calcium**
- **Chromium**
- **Iron**
- **Selenium**
- **Zinc**
- **Fluids**
- **Adequate Calories**

# Protein

- **Protein needs are higher during breastfeeding than at any other time in life**
- **While breastfeeding, you can get enough protein from your normal diet**

# Fat

- **Composition of fats in breast milk is determined by the mother's diet**
- **Breast milk contains docosahexaenoic acid (DHA)**
- **DHA is important for baby's visual and brain development**
- **Include one serving of fish in diet each week**
- **Best sources of DHA are fatty fish, such as salmon**

# Vitamin B<sub>12</sub>

- **Vitamin B<sub>12</sub> is found only in foods from animal sources**
- **Meat, poultry, fish, eggs, and dairy products are excellent sources**
- **Some vegetarians may need a vitamin B<sub>12</sub> supplement**

# Vitamin D

- **Breast milk is low in Vitamin D**
- **Food sources include Vitamin D-fortified cow's milk and soy milk**
- **Yogurt, cheese, and other dairy products are not usually fortified with Vitamin D**
- **Sunlight helps the body produce Vitamin D**
- **Some vegetarians may need a Vitamin D supplement**



# Vitamin K

- **Vitamin K is produced in the small intestine**
- **The newborn infant has a sterile intestine for several days after birth**
- **Breast milk may be low in Vitamin K**
- **The doctor may prescribe a Vitamin K supplement for the infant**

# Folic Acid

- **Leafy vegetables, citrus fruits, legumes, and nuts are excellent sources of folic acid**
- **Grain products like breads, cereals, pasta and rice are enriched with folic acid**
- **Make sure you get enough folic acid, especially if planning another pregnancy in the near future**

# Calcium

- **Main mineral in bones and teeth**
- **Important mineral in nerve transmission and muscle contraction**
- **A breastfeeding mother loses 200 - 300 mg of calcium in breast milk each day**
- **Inadequate intake - The body draws from calcium reserves in the mother's bones**

# Calcium-rich Foods

- **The postpartum mother should consume at least three servings from the Milk, Yogurt, and Cheese Group each day**
- **Nonfat and low-fat milk and milk products are excellent sources of calcium**
- **Some vegetables and fish with edible bones are also good sources of calcium**

# Chromium

- **Helps produce high quality milk in breast-feeding mothers**
- **Low intake of chromium can increase the mother's risk for developing high blood sugar and heart disease**



# Iron

- **An important component of blood**
- **Iron concentrations in most women are depleted after pregnancy**
- **Most women should continue to eat iron-rich foods and take iron supplements**
- **The body absorbs iron best from foods from animal sources**

# Selenium

- **Selenium helps both mother and baby maintain a strong immune system**
- **It also aids in cell growth**
- **Nursing baby's selenium status is directly affected by what the mother eats**
- **Food sources include seafood, extra-lean meat, cooked dried beans and peas, and chicken**

# Zinc

- **Essential for baby's growth and development**
- **Breastfeeding increases the demand for this nutrient**
- **Many women don't consume enough zinc**
- **The body uses zinc from foods of animal origin best**

# Fluids

- **Nursing mother loses about 23 ounces of fluid each day**
- **If you feel thirsty, you are already dehydrated**
- **Drink at least six glasses of water in addition to other fluids daily**
- **Drink a glass of milk, juice, or water at each meal and each time the baby nurses**
- **Low fluid intake could result in constipation and fatigue**

# Practices Incompatible with Breastfeeding

## ➤ Avoid:

- Alcohol
- Illicit Drugs
- Cigarette Smoking

## ➤ Caution:

- Medicinal Drugs
- Caffeine



# **Getting Back to Your Pre-pregnancy Weight**

- **Excessive weight gain during pregnancy is an important factor in postpartum weight retention**
- **Avoid fad diets!**
- **Breastfeeding speeds up the weight loss process**

# **Success Strategies for Weight Loss**

- **Lose weight gradually - 1 to 2 pounds per week**
- **Reduce fat intake and eat more fruits, vegetables, whole-grains, and nonfat/low-fat milk and milk products, and lean meat products**
- **If breastfeeding, don't attempt weight loss for the first six weeks postpartum, then aim for a weight loss of no more than a 2 pound weight loss per month**

# **Success Strategies for Weight Loss (cont.)**

- **Eat regular meals and snacks**
- **Watch portion sizes**
- **Include high protein foods in your meals (e.g., chicken breast, water packed tuna, grilled salmon)**
- **Begin to exercise as soon as your health care provider gives the okay**

# Weight Loss

➤ **Installation resources**

**Questions??**



➤ **Add picture of mother with her baby**



# **Acknowledgements**

**LTC Deborah F. Simpson  
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and Preventive Medicine**

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